

इपललर इरीइरीर 7-day cleanse & ayurveda workshop

This Summer solstice, JUNE 21ST, I am offering a seven-day cleanse which will make the best use of the *Pitta* (heat) outside as well the inner *Agni* (digestive fire). The cleanse will involve a hour and fifteen minutes of group workout, yoga, meditation, and a fresh made juice or smoothie every day for seven days. Each of you will be given individualized teas and will be allowed to eat some vegetables or protein according to your constitution.

The cleanse will flow into the Ayurveda workshop on June 28th for those of you attending, and the rest of you will be given a meal to ease of the cleanse.

THE AYURVEDA WORKSHOP IS OPEN TO ALL!

Seven Day Cleanse, June 21 to 27

Venue for group yoga: Buddha fitness, 9 am - 10.30 am

Cost: \$380 • Book by June 1 • Minimum of 6 participants needed

Treatments also available at \$55 per 45-minute session

Ayurveda Workshop, June 28

Cost: \$65 for those on cleanse, \$95 for all others

with love, with light,
shibana

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